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# Trudeau's cabinet

The hopefuls, the likelies, the power players and a few long-shots



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Your essential daily news

California rescuers save tangled whale in 2-day operation. World

# Know Your Zone violates traffic act, says resident

SNOW CLEARING

Todd Dube argues bylaw is ticketing drivers illegally



Dave Baxter Metro | Winnipeg

A Winnipeg traffic ticket crusader says the city is trying to let him walk away from a traffic ticket because they're afraid of what will happen if he wins an appeal against it.

Todd Dube of Wise Up Winnipeg and his lawyer both say the city's Know Your Zone snow-clearing program, which has been handing out \$150 parking tickets and towing vehicles since 2011, is in direct violation of the Highway Traffic Act (HTA).

The Know Your Zone program splits Winnipeg into zoned areas, and the city alerts the public when different zones will be ploughed and placed under parking bans

But Dube and his lawyer argue the HTA states if the city is going to have parking restrictions, they must make the public aware with "clear and proper signage."

"Winnipeg somehow decided they could issue tickets



Todd Dube plans to oppose a stay of proceedings regarding a city traffic ticket he received.

DAVE BAXTER/METRO

and tow cars while having no signage by creating a bylaw," said Dube.

Dube fought a ticket he got for parking overnight in one of the zones but was con-

victed, and now he is appealing that conviction. However, he said the city intends to stay the proceedings, meaning he won't have to go through with his appeal or pay his ticket.

"Now they don't have to hear the argument and they can walk away from it," said Dube. "And frankly they are scared of the argument because the Highway Traffic Act RESPONSE

City councillor and public works chair Janice Lukes could not say for certain if a city bylaw could overrule the HTA, and she said she was "curious" and going to ask a number of city departments about whether there was merit to Dube's claims.

"I believe the authority is based on the winter snow-clearing bylaw and public works declaration process," said Lukes.
"But on that same note, I also know that when we did the street closures for the Sunday bike routes, we had to put up signs in order to be legally justified to ticket.

"That was very specific, so that to me tells me they couldn't really ticket unless they had the signs up."

could not be any clearer."

Dube will oppose the stay of proceedings on Wednesday

because he would rather fight the ticket.

"And the reason they need to duck is because it's a clear breach of the Highway Traffic Act, and once it's exposed they are going to have to start making corrections."

Premier rallies party faithful

Premier Greg Selinger worked to rally his NDP troops over the weekend, telling them that, despite a year of infighting and low opinion polls, the party is regrouping to fight next spring's election.

"Let's acknowledge, last year was a tough year. We went through some challenging times," Selinger told 600 party faithful at the NDP's annual fall fundraising dinner.

"Our job is to stay focused on the priorities and values of Manitobans and we have done that."

The NDP government has been well behind the opposition Progressive Conservatives in opinion polls ever since it raised the provincial sales tax in 2013.

The following year, five senior cabinet ministers openly called on Selinger to resign in order to help the party rebound. He refused and won an ensuing leadership contest by a razor-thin 33-vote margin.

Three of the rebel ministers have since quit politics or announced they will not seek re-election. The other two are running again and won their riding nominations unchallenged.

The poll numbers have not rebounded for the NDP with an election set for April 19 under provincial law.

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### **IN BRIEF**

### Police identify shooting victim on Marion Street

Winnipeg Police say the homicide unit is investigating after a Winnipeg woman was found dead on Marion Street.

Police said Camille Runke, 49, is the victim of a shooting and her death is a homicide.

She was found Friday morning at about 8:40 but police at the time would only say they were investigating a sudden death.

### Alcohol-fuelled argument leads to west-end stabbing

One man has been charged after another man was stabbed near Simcoe Street on Oct. 29.

Winnipeg Police said sometime after 7:30 p.m., emergency personnel were called to the 300 block of Simcoe Street regarding a stabbing incident.

Police said the two men knew each other and got into an argument, and that both men had been drinking before the stabbing. During the argument, one man, 25, stabbed the other, 23, in the upper body.

The victim is in stable condition and Allen Thomas Murdock has been charged with aggravated assault and possession of a weapon. METRO

### Patron's earphones ripped off, stolen on city bus

Winnipeg Police are investigating after a man on a bus ripped another man's ear buds out of his ears and took off with them on Sept. 23.

The suspect is described as a Caucasian male, in his early 20s, with a large build, and over six feet tall. He had tattoos on both arms, and was wearing a grey T-shirt and blue jeans. METRO



Calli Vanderaa, 16, with her father. Vanderaa was shot once in the chest and rushed to hospital in critical condition on Oct. 23—hours after a gun was taken from an officer's marked vehicle. FACEBOOK

# Still unclear if firearm protocol was followed

INVESTIGATION

# RCMP probing whether stolen gun was stored appropriately

Manitoba RCMP were still working this weekend to determine whether an officer whose gun was stolen and used in a shooting had followed protocol for storing the weapon.

The gun was taken Oct. 23 from the officer's marked vehicle, which was parked outside his home. Winnipeg police say the gun was used in a shooting hours later that left a 16-year-old girl in critical condition in hospital.

"I can confirm that our policies and training make it clear that a duty firearm is to be secured and rendered inoperable when stored," RCMP Chief Supt. Scott Kolody said in a written statement.

"Whether or not the firearm in this case was properly stored is a question that will be answered by the independent criminal investigation being carried out by the (Winnipeg police)."

The officer whose firearm was stolen remains on duty pending the outcome of the investigation, Kolody added.

Winnipeg police have charged two men — Matthew Wilfred McKay, 22, and Matthew Andrew Miles, 25 — with theft and weapons offences. McKay has also been charged with two counts of attempted murder.

According to Winnipeg police, two suspects exchanged words with a group of young

people sitting in a vehicle in a convenience store parking lot. One allegedly approached the car with a gun and took aim at those inside.



### A duty firearm is to be secured and rendered inoperable when stored.

RCMP Chief Supt. Scott Kolody

A 16-year-old girl was shot once in the chest and was rushed to hospital in critical condition.

The girl, Calli Vanderaa, told Global News she remembered the gun being fired as the car she was in backed away and did not immediately realize she had been hit.

Her friends pulled over and called 911 and police arrived within three minutes, she added.

Kolody said he had spoken to the girl's father to express his sympathy.

He also said all RCMP officers in Manitoba have been reminded about firearm storage.

"While we do not yet know the full details and circumstances surrounding how the firearm was stolen, I have nonetheless directed all members of the RCMP in Manitoba to review our policies and to be highly cognizant of their responsibilities and the extreme importance for the proper handling, transportation and storage of RCMP firearms and intervention equipment at all times."

THE CANADIAN PRESS

### **WAVERLEY WEST**

### House raid ends in several charges



Dave Baxter Metro | Winnipeg

Winnipeg Police seized more than \$100,000 worth of drugs, plus drug paraphernalia and three firearms after a home was raided in Waverley West.

Police said a number of their units became involved in a drug investigation Oct. 29, in relation to a home in the 200 block of Park West Drive.

Around 4:30 p.m., officers located and arrested a 26-year-old man in relation to the drug investigation.

Around 8:55 p.m., officers then raided the home on Park West Drive, and found a large amount of drugs worth about \$133,000, plus drug paraphernalia.

Police also seized a handgun, a shotgun, an assault rifle, ammunition and \$9,740 in cash.

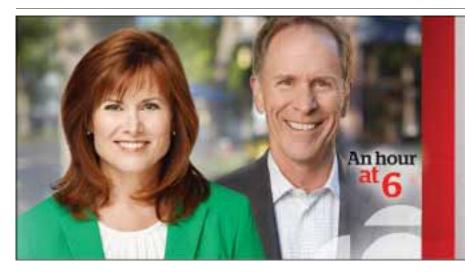
Kevin Genik, 26, and Brett Ryan Lebleu, 24, plus a 27-yearold female and 37-year-old male who police have not named, are all facing numerous drug- and weapon-related charges.

Two of the accused have been remanded into custody and the remaining released on a promise to appear in court.



Police released photos of some of the seized drugs, plus firearms and cash.

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# Decoding doggy behaviour

ANIMALS

### Seminar to teach owners what their pet is trying to say



**Dave Baxter** Metro | Winnipeg

If you think your dog is trying to tell you something, you might want to go down to the Winnipeg Humane Society (WHS) next week.

The WHS is hosting the What Is My Dog Saying To Me? workshop, which will be hosted by certified dog trainer and behaviorist Dr. Renee Will.

"It's a seminar on canine body language," said Will. "And it's an opportunity for owners to learn about what their dogs are trying to communicate to them, and what appropriate responses can be.

Will said she knows countless dog owners that struggle with their dog's behaviour, and said dogs are constantly



- What Is My Dog Saying to Me? costs \$10 to attend and is for humans to attend only.
- It takes place at the Winnipeg Humane Society building at 45 Hurst Way on Nov. 12 from 7 to 9:30

trying to get messages across to owners.

"Everything right from nose to tail can be a message. When you read a dog's body language you read individual pieces, and you look at all those pieces together as a whole.

"And if you don't understand the dog's communication, you might respond in a way that causes the dog to continue to behave that way, rather than to change that behaviour."

Dogs behaving badly can be an annoyance for people, but it can also be dangerous, said Will, who said dogs that get aggressive typically do so out of fear.

"And there is a big difference



Annie the dog poses at the Winnipeg Humane Society Sunday. She's available for adoption — and you can sign her up for the new workshop on What Is My Dog Saying To Me? while you're at it. ELISHA DACEY/METRO

between aggressive behaviour related to fear and just dead-on aggressive behaviour, which

very few dogs actually exhibit." Any dog owner, whether they struggle with their dog's

behaviour or not, would benefit from the seminar, said Will, and those who do have struggles may be able to fix problems they thought were un-

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# Choosingacabinet

Prime minister-designate Justin Trudeau faces a delicate task in stocking his cabinet, balancing MPs' skills and experience with potentially wounded pride and resentment. Stéphane Dion | Environment



### **Michael** Woods Metro | Ottawa

Justin Trudeau's first real test as prime minister comes on Wednesday with the swearing-in of his first cabinet. The choices he makes will set the tone for the next four years of Liberal rule.

Cabinet-making is a difficult task at the best of times one that can bruise egos

Democratic reform

have a busy year and a half.

and murdered indigenous women.

**Citizenship and Immigration** 

effort as quickly as possible.

and sow resentment if not handled delicately.

That Trudeau has promised an equal number of men and women, a mix of new blood and old guard, strong aboriginal representation and a range of diverse backgrounds makes his job that much more difficult. Will he get it right?

With that in mind, here are Metro's picks for who could make up Trudeau's

ministries that will need much more attention

Every minister in the new Liberal government is going

ing made sweeping, ambitious campaign promises in

Trudeau has vowed that Canada won't see another federal election under the first-past-the-post voting system. With Trudeau promising democratic-reform legislation within 18 months and planning to study every option before then, whoever's in charge of the effort is going to

Aboriginal affairs
The new aboriginal affairs minister will have a full plate;
Trudeau has called for "full implementation of the Truth

and Reconciliation Commission's 94 recommendations," which are wide-ranging. (One of them is getting the Pope to apologize for residential schools.) The Liberals

have also committed to a national inquiry into missing

Many experts have said Trudeau's pledge to resettle 25,000 Syrian refugees by the end of the year has a laudable number but a challenging timeline. The new

minister will have to lead an enormous co-ordinated

to have a lot on their plate, with Justin Trudeau hav-

nearly every major area of the federal government's

But here are five particular areas that will see big changes under the new government, with Trudeau promising particularly big things in their portfolios.



### Scott Brison | Finance

The veteran Nova Scotia MP is a former investment banker who served as Paul Martin's minister of public works and co-chaired Trudeau's council of economic advisers.



### Ralph Goodale **Deputy Prime Minister/House Leader**

The party's only Saskatchewan MP is a lock for cabinet, having held the finance, public works and natural resources portfolios in the past. The Liberals will need a house leader capable of shepherding their ambitious legislatīve agenda.



### **Chrystia Freeland | Foreign Affairs**

The former financial journalist and author was a star candidate when first elected in a 2013 Toronto byelection and is highly regarded for her global affairs and economic







### Bill Blair | Public Safety

9,000 votes.

Jody Wilson-Raybould |

**Democratic Reform** 

The new Scarborough MP and former Toronto police chief was another Trudeau star candidate whose expertise lies in the public-safety portfolio, though it's possible he'll get a different cabinet position where he doesn't have as much experience.

Dion, a former party leader, held the environment portfolio in Paul Martin's govern-

ment and signed Canada on to the Kyoto Accord. He would be immediately tasked

**Andrew Leslie | Defence**The retired general and former chief of the land staff was a star candidate in Ottawa and

advised Trudeau on defence and foreign-

fathers were also minister of defence.

affairs issues before that. Both of his grand-

Wilson-Raybould is a first-time MP but has a wealth of political experience as a former B.C. regional chief for the Assembly of First

Nations and treaty commissioner. She won

her Vancouver Granville riding by more than

with preparing for the United Nations

climate-change conference in Paris.



### Jane Philpott | Health

The first-time MP elected in Markham-Stouffville is a family doctor who has done extensive advocacy work for refugee health care and on HIV/AIDS.



### **Carolyn Bennett | Aboriginal Affairs**

The family doctor and longtime Toronto MP was the party's aboriginal-affairs critic in the last Parliament and has command of the issues at hand. She'll need it; the Liberals have pledged to implement the Truth and Reconciliation Commission's 94 recommendations.



### Maryann Mihychuk | Employment and Social Development

Mihychuk, a geoscientist, was a member of Manitoba's NDP government for nine years, holding cabinet roles in industry and intergovernmental affairs. In 2004, she resigned to run for mayor of Winnipeg and finished



Environment The new environment minister will have a hectic first few months, with the Paris climate conference starting Nov. 30 and Trudeau promising to convene the premiers within 90 days to come up with a national plan to fight climate change, including emission reduction targets.

With Trudeau's campaign promise to scrap the F-35 fighter purchase and his vow to pull Canada's CF-18s out of the war against the so-called Islamic State, the new defence minister will soon be faced with decisions that will shape Canada's military for years to come.



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NEWS | Canada

# maygetpersonal



### Joyce Murray | Veterans Affairs

The British Columbia MP came second to Trudeau in the 2013 leadership race. She was the party's defence critic in the last Parliament.



**Kirsty Duncan | Status of Women** First elected in 2008, the medical geographer and Etobicoke MP was the party's stâtus-of-women critic in the last Parlia-



### Mélanie Joly | Intergovernmental Affairs Joly, an Oxford-educated lawyer and public-

relations expert, came second to Denis Coderre, a former Liberal minister, in the 2013 Montreal mayoral race.



### **Bill Morneau | Treasury Board**

Some have tapped the businessman as a possible finance minister but he's a firsttime MP and could be given a less-prominent economic portfolio. He was the executive chair of Morneau Shepell, Canada's largest human-resources firm.



### Judy Foote | Chief Government Whip

The Newfoundland and Labrador MP held several cabinet portfolios as a provincial politician. She has been the party whip since 2011 and was the party's deputy house leader before that.



### Kent Hehr | Public Works

With the Liberals winning seats in Calgary for the first time since 1968, one new MP is bound to get a seat at the cabinet table. Hehr, a lawyer, was an Alberta provincial politician for seven years.



### Marc Garneau | Industry

Garneau, a former astronaut who was the first Canadian in space, was president of the Canadian Space Agency before starting his political career. He was a leadership candidate in 2013 and essentially sealed Trudeau's victory by dropping out of the race.



### **Hunter Tootoo | Natural Resources**

Tootoo ran for the federal NDP in 1997 before serving in a number of key roles in Nunavut's territorial government, including Assembly speaker. He is also a successful businessman.



### Catherine McKenna | International Trade

McKenna is an international trade lawyer and former UN adviser in East Timor who defeated NDP stalwart Paul Dewar in Ottawa Centre.



### **Emmanuel Dubourg | National Revenue**

Dubourg, a chartered accountant and teacher, was the party's national revenue critic in the last Parliament. A former Quebec provincial politician who also spent two decades in the federal public service, he founded a non-profit organization that offers professional accounting services internationally.

Pamela Goldsmith-Jones | Transport

The new Vancouver MP was a two-term

mayor of West Vancouver, retired in 2011 to complete an executive MBA and ran a

public-affairs consulting firm. Her riding West Vancouver-Sunshine Coast-Sea to Sky

Country, had been held by the Conserva-



### Navdeep Bains Citizenship and Immigration

Bains was an MP from 2004 until 2011, serving as Paul Martin's parliamentary secretary briefly in 2005. The prominent member of Mississauga's Sikh community more recently co-chaired the Liberals' Ontario campaign and was a key Trudeau organizer.



### Yvonne Jones |

Fisheries and Oceans, ACOA Jones was first elected in a 2013 byelection in Labrador, which had been held by the Conservatives. She won re-election on Oct. 19 with 70 per cent of the vote.



Robert Morrissey | Agriculture Morrissey spent nearly two decades in Prince Edward Island's legislative assembly, starting in 1982, holding a number of prominent roles, including Opposition house leader.



Harjit Sajjan | Heritage The first Sikh to command a Canadian army regiment, the new Vancouver South MP and lieutenant-colonel did three tours of Afghanistan. He was also a Vancouver police officer for 11 years, specializing in



organized crime.



tives since 2008.

### Maryam Monsef | Labour

Canada's first Afghan-born MP, Monsef came to Canada as a refugee in 1996 with her family. She won the Peterborough riding formerly held by Dean Del Mastro, Stephen Harper's one-time parliamentary



### Marie-Claude Bibeau **International Development**

Bibeau began her career at the Canadian International Development Agency, with postings in Morocco and Benin. The south east Quebec MP has owned a successful campground for 15 years and founded a museums association in the Eastern Town-



### ministries that don't exist

Justin Trudeau's cabinet is expected to be smaller than his predecessor Stephen Harper's — about 28 mem-bers compared to Harper's 39. So there isn't much room for Trudeau to create new roles at the cabinet table. But here are five suggested portfolios that didn't exist under the last government.

### Housing

Funding for affordable housing is a major part of the Liberals' proposed \$20-billion "social infrastructure" plan. The Pierre Trudeau government of the 1970s had a minister of state for urban affairs, who was responsible for housing, but the position didn't exist in the last

### 2 Youth

When it comes to policy-making, Canada's youth population is sometimes left out. According to the group Generation Squeeze, governments in Canada spend a third as much on younger Canadians as those over 65. A minister at the table advocating for Canada's young people could help change that.

### Municipal affairs

While the intergovernmental affairs minister job already exists, having a minister dedicated to cities' needs could go a long way to achieving the necessary co-ordination between the federal government and municipalities on large infrastructure projects, such as transit.

### Digital innovation

Governments can be slow to keep up with the rapidly changing digital world. Having a voice at the cabinet table focused on digital innovation could help with that. France, for example, has a minister of economy, industry and digital affairs.

The sharing economy is becoming more prevalent, with services such as Uber and Airbnb expanding in Canadian cities and their business model expanding to other realms. With many jurisdictions grappling with how to adapt to regulating these new services, dedicated federal leadership could be useful.

# Liberal MPs bring diversity to caucus

**POLITICS** 

### Social workers, lawyers, mayors and more on Parliament Hill

When Catherine McKenna looks at a roomful of her 127 fellow rookie Liberal MPs, she sees police chiefs, soldiers, aboriginal leaders, mayors, doctors, refugees, athletes, social workers, tradespeople, academics and several lawyers like herself.

"A lot of people really believed we were off-track with the last government and it was really important to contribute by stepping up to run," said McKenna, who defeated New Democrat incumbent Paul Dewar in the riding of Ottawa Centre.

McKenna is part of what may be the most diverse governing caucus of MPs that voters have ever sent to Parliament Hill.

She herself has a broad background beyond practising law, which enabled her to be a legal adviser to the United Nations peacekeeping mission in East Timor. She helped create her



Newly elected Liberals Catherine McKenna, left to right, Greg Fergus, Will Amos, Andrew Leslie, Karen McCrimmon and David McGuinty take part in a welcome rally for designate prime minister Justin Trudeau in Ottawa on October 20, 2015. SEAN KILPATRICK/THE CANADIAN PRESS

McKenna is typical, in some

She's a rookie, like more than

ways, of her broader caucus.

two-thirds of her fellow Liberal

own non-governmental agency that works on governance and human rights issues abroad, and she's lectured on foreign affairs at the University of Toronto. She's also a competitive

A lot of people really believed

we were off-track with the last

government and it was really

important to contribute by

stepping up to run.

MP Catherine McKenna

MPs — 184 Liberals in all. At 44, McKenna is also part of the biggest demographic group in the Liberal caucus, with 82 of those elected falling in the 30-to-49 age range. The second largest is the 50-64 group, with 68 MPs, according to a Maclean's magazine analysis.

McKenna is also one of 50

women to be elected to the Liberal caucus.

The Liberals also have 38 of the 46 visible minorities elected to the House of Commons.

The Liberals painted the map red in and around most major cities, including the greater Vancouver and Montreal areas, Ottawa and its surrounding areas and the greater Toronto area, including Mississauga and Brampton, as well as most of Winnipeg.

THE CANADIAN PRESS

OPPOSITION

# Tories prepare for Ottawa and winter

If there's one thing Dianne Watts knows she needs to do before travelling to Ottawa this week to take her place in the official Opposition caucus, it's buy warmer clothes.

As the former mayor of Surrey, B.C., Watts hasn't had much experience with the biting winters she'll be facing in the national capital as part of the 99-member Conservative team, set to meet for the first time Thursday since the party lost its majority government on Oct. 19.

She handily won her Vancouver suburban riding, but her party was routed by Justin Trudeau's resurgent Liberals.



Conservative Leader Stephen Harper. THE CANADIAN PRESS FILE

"When I made the decision to run federally, it was a decision I felt strongly about," Watts said in an interview.

Both rookies and veterans will have a learning curve, said James Rajotte, who served in opposition for six years.
THE CANADIAN PRESS

# NDP out to rebuild with 16 rookies

The New Democrats enter the 42nd session of Parliament with fewer than half of the members that they had going into the 2015 federal election campaign.

Despite being forced back to third-party status by voters, however, the party is poised to start over with a lot of fresh, young blood — ready to rebuild and focused on the majority Trudeau Liberals to account.

Erin Weir, one of 16 rookies on the New Democrat bench, sees his role as an MP as much like his election campaign — honed in on building Canada's economy and protecting the environment.

One significant additional responsibility: reinvigorating his party in time for the next



NDP Leader Tom Mulcair.
THE CANADIAN PRESS FILE

alastian

Part of the process will involve assessing the strengths of the current NDP caucus and, perhaps more painfully, looking back to learn from the lessons of what went wrong during the campaign.

THE CANADIAN PRESS

POLITICAL STRATEGY

### From Paris to Washington, everyone's talking about Trudeau

A rare phenomenon is transpiring in a foreign capital where mentioning Canadian politics is generally about as likely to stimulate conversation at a dinner party as to get you disinvited from the next one.

People are curious about Canada's next prime minister.

It's evident on multiple fronts in Washington — from conversations in cabs and coffee shops, in government offices and think-tanks, in media stories, and from foreign politicians looking to learn about Justin Trudeau.

During a U.S. visit, the leader of a centre-left European political party revealed he was reading a book about the recent history of Canada's Liberals and expressed hope of eventually meeting Trudeau.

"Fascinated," is how Diederik Samsom described his reaction to the Canadian election.

The history of his party will sound familiar to Canadian Liberals. Traditionally mighty, recently struggling, the Dutch Labour party swerved left in the 1970s; spent the 1980s in opposition; tacked back to the right in a governing coalition in the 1990s; and has since fallen on hard times, as rivals to its left and right eat away at its support.

So it's no coincidence that he's asking questions about the campaign that pulled Canada's centre-left party from third place to a surprising majority. He's not alone.

Inside the unofficial thinktank of the U.S. Democratic party, the Liberals' winning election playbook is being analyzed and its lessons shared with left-leaning parties around the world.

Matt Browne has prepared a briefing paper on the Liberal win for allies in different countries where he's heard curiosity or seen applicable lessons — including the U.K., Denmark, Holland, France, Italy and Germany.

"It's been a pretty amazing

week or so," Browne said in an interview.

"Amongst the progressive community in particular, people have been trying to figure out what the lessons of this are."

But he said the U.S. interest might have more to do with other factors: familiarity with Trudeau's family name, and more interest in foreign elections in a non-election year in the U.S. THE CANADIAN PRESS



I've already had more Americans ask me about the Canadian election in the week since than they did for the entire previous 78 days.

Andrew Finn, Wilson Center's Canada Institute



Prime minister-designate Justin Trudeau.
NICHOLAS KAMM/AFP/GETTY IMAGES

DEMOCRACY

### Turkey votes party back into majority

Turkey's ruling party secured a stunning victory in Sunday's snap parliamentary election, sweeping back into single-party rule five months after losing it.

Prime Minister Ahmet Davutoglu declared victory as results reported by state-run TRT television showed that the ruling Justice and Development party won more than 49 per cent of the vote and was projected to get 316 seats in parliament, a comfortable majority.

Most analysts had expected AKP to fall short, but the preliminary results suggest it picked up millions of votes at the expense of the nationalist MHP and pro-Kurdish People's Democratic Party, or HDP.

With a dramatic gain that few had predicted, the ruling party's gamble to hold new elections paid off.

Supporters at the party's Ankara and Istanbul headquarters waived flags in rapturous celebrations.

Crowds outside President Recep Tayyip Erdogan's home in Istanbul shouted "Turkey is proud of you."

THE ASSOCIATED PRESS

### **REFUGEE CRISIS**

# Death toll, tension rising in Greece

Protesters clashed with police guarding a border fence in northern Greece near Turkey Saturday, following a series of sea accidents that killed dozens and a warning that the toll is likely to rise in coming weeks.

About 500 anti-government protesters, who travelled from Athens and several towns in northern Greece were involved in the clashes after challenging a police cordon blocking access to the fence that spans more than 10 kilometres.

The demonstrators want Greece to tear down the fence and allow refugees to cross by land instead of risking their lives on the sea crossing to Europe.

The government says it cannot remove the fence for "practical reasons" and has called on other European Union countries to speed up support promised for search and rescue operations in the east Aegean Sea.

Greece is struggling to cope with a surge in arrivals, many fleeing the civil war in Syria and other conflicts. More than 60 people, half of them children, have died in the past four days while trying to reach Lesbos and other Greek islands from the Turkish coast. THE ASSOCIATED PRESS



Personal items belonging to shipwrecked migrants were strewn on the Greek island of Lesbos Sunday. THE ASSOCIATED PRESS

### IN BRIEF

### Rescuers free humpback

Rescuers managed to free a humpback whale entangled in fishing line off California's Orange County coast Saturday. The adult whale, estimated to be 35 to 50 feet (10.5 to 15 metres) long, was entangled from its mouth to its tail and what appeared to be nylon rope streamed behind it. Rescuers with the National Oceanic and Atmospheric Administration and Sea World in San Diego were able to cut away most of the line. THE ASSOCIATED PRESS

### U.S. senator, actor dies

Fred Thompson, 73, a Republican senator who also acted in films and TV, died in Nashville after a recurrence of lymphoma, his family says. A lawyer who alternated between politics and acting much of his adult life, Thompson retired from the senate in January 2003 and pursued the presidency in 2007, but dropped out in 2008. He appeared in at least 20 motion pictures. His credits include The Hunt for Red October, and Cape Fear. THE ASSOCIATED PRESS



Egyptian army soldiers stand guard next to the luggage and belongings of passengers of the A321 Russian airliner piled up at the site of the crash in Wadi el-Zolmat, a mountainous area in Egypt's Sinai Peninsula Sunday. KHALED DESOUKI/AFP/GETTY IMAGES

## Jet broke up at high altitude after takeoff

**EGYPT** 

### Search teams seek bodies of 224 passengers

The Russian jetliner that crashed shortly after takeoff from an Egyptian resort city broke up at high altitude, scattering fragments of wreckage over a wide area in the Sinai Peninsula, Russia's top aviation official said Sunday as search teams raced to recover the bodies of the 224 people who died.

Aviation experts joined the searchers in a remote part of the Sinai, seeking any clues to what caused the Metrojet

Airbus A321-200 to plummet abruptly from 31,000 feet just 23 minutes after it departed from the Red Sea resort of Sharm el-Sheikh bound for St. Petersburg. By midday, 163 bodies had

By midday, 163 bodies had been recovered, according to the Egyptian government. Some of the dead were expected to be flown to Russia later Sunday.

The large area over which fragments were found indicates the jet disintegrated while flying high, said Alexander Neradko, head of Russia's federal aviation agency. He would not comment on any possible reason for the crash, citing the ongoing investigation.

Neradko was in Egypt to

### **AFTERMATH**

### Russians mourn loss

Grief gripped the historic city of St. Petersburg, Russia, home of many of the victims. President Vladimir Putin declared a nationwide day of mourning, and flags flew at half-staff. THE ASSOCIATED PRESS

inspect the crash site along with Russia's emergency and transport ministers.

A Russian TV channel late Saturday quoted the wife of the co-pilot as saying her husband had complained about the plane's condition. Natalya Trukhacheva, identified as the wife of Sergei Trukhachev, said a daughter "called him up before he flew out. He complained before the flight that the technical condition of the aircraft left much to be desired."

Egyptian President Abdel-Fattah el-Sissi cautioned that the cause of the crash may not be known for months.

"It's very important that this issue is left alone and its causes are not speculated on," he told a gathering of top government officials, members of the military and security forces. The investigation "will take a long time" and "needs very advanced technologies."

THE ASSOCIATED PRESS

### MIDEAST CONFLICT

### One home symbolizes Gaza's rebuilding

The al-Zazas have much to celebrate, after returning a few weeks ago to their neighbourhood in the Gaza Strip — the first Palestinian family to move back into a completely rebuilt home since last year's war between Israel and the Islamic militant group Hamas.

It was a much-anticipated homecoming. Their house was one of thousands reduced to rubble in the war. A push to reconstruct the battered coastal territory has been sluggish, relying on international funding pledges only partially fulfilled.

But the al-Zazas' move offers

hope to the tens of thousands of Gazans who lost their homes in the war. Their place was among the first 170 completely destroyed homes approved for reconstruction.

"We are very happy ... it's our home," said 50-year-old Atef al-Zaza, the family patriarch.

About 500,000 people were displaced at the height of the 50-day conflict and 100,000 left homeless, according to the United Nations. More than 2,200 Palestinians were killed, mostly civilians, according to UN figures. On the Israeli side, 73 people were killed, most of them soldiers.

The UN says 18,000 homes were destroyed or severely damaged. International donors pledged \$2.7 billion to rebuild Gaza, but a year later, only a third of the sum has been received, al-Hasavneh said.

Since reconstruction money doesn't cover furniture, the al-Zazas use plastic chairs, a plastic table and a woven straw mat in the living room. With a roof over his head, Atef al-Zaza says he isn't bothered.

"Happiness has been in our hearts as soon as we entered our home." he said.

THE ASSOCIATED PRESS



Um Alabed al-Zaza's house was rebuilt after it was razed in last summer's war between Israel and Hamas.

THE ASSOCIATED PRESS

A U.S.-born male Sumatran rhino arrived in his ancestral home of Indonesia on Sunday, making the long journey from Cincinnati, Ohio, on a mission to mate to help save his critically endangered species from extinction.

The eight-year-old rhino, Harapan, was born at Cincinnati's zoo and spent nearly the past two years as the last Sumatran rhino in the Western Hemisphere.

He arrived at Jakarta's Soekarno-Hatta airport Sunday in a special travel crate aboard a Cathay Pacific jet. He continued his trip in a truck to the seaport of Merak and was to be ferried to Sumatra island.

"Thankfully, it has arrived here," said Bambang Dahono Adji, director of biodiversity conservation at Indonesia's Ministry of Environment and Forestry. He said Harapan would be "officially handed over" to Indonesian authorities on Thursday at Way Kambas National Park, where the Sumatran Rhino Sanctuary is located.

The 816-kilogram rhino underwent medical checks and was trained to walk into and voluntarily remain in his crate before beginning the more than 16,000-kilometre trip on Friday, ending a captive breeding program for the species at the Cincinnati Zoo that had produced three rhinos.

Harapan was accompanied on his trip by a veteran Cincinnati Zoo animal keeper who was at the Sumatran Rhino Sanctuary when Harapan's older brother became a father there in 2012.

Conservationists hope Harapan can mate with one or more of the three females at Way Kambas, where Ratu, a 12-yearold female rhino born in the wild, is now pregnant with her second calf and is expected to give birth in May.

THE ASSOCIATED PRESS



Harapan the Sumatran rhino THE ASSOCIATED PRESS

# Rhino on a mating mission Al-Shabab extremists besiege Mogadishu hotel

SOMALIA

### **Troops take** back control of facility after daybreak assault

Five of Somalia's Islamic extremists attacked a leading hotel in the capital at dawn Sunday, killing at least six people and injuring 10, before all the assailants were killed by security forces.

The Somali army and the African Union forces ended the siege by the al-Shabab attackers at the Sahafi Hotel by midday, police commander Ali Ahmed said.

'It's over now. We have killed all the attackers," Ahmed told The Associated Press by phone. "They came under cover of darkness and attacked the hotel while some of the guards were sleeping."
The attack started at daybreak

when a suicide bomber detonated an explosives-laden vehicle at the hotel's entrance gate and then four men, armed with AK-47 rifles, propelled grenades and suicide vests, invaded the premises. Some of them went into rooms to kill residents while others



This is the action of an increasingly desperate, internally divided group of extremists ... (who) seek to grab the headlines through killing innocent Muslims.

Somali President Hassan Sheikh Mohamud

went to the hotel's rooftop to fight off government soldiers who came to battle them, said Capt. Mohamed Hussein, a senior Somali police officer.

A second explosion came from a car bomb outside the hotel, said witnesses.

Among those killed was the hotel's owner and a former military general, Hussein said.

'Had it not been for the courage of some of the hotel residents who fought back the terrorists, the death toll could have been a lot higher," Hussein said.

"They came in firing bullets randomly.... They shot anyone they could see," said a surviving hotel resident, Ahmed Abdulle.

"The guards tried to fight them off but it was too late, they were already inside. I hid myself under my bed until security forces broke into my room and got me out a back door."

Al-Shabab, the Islamic extremist rebels waging an insurgency against Somalia's weak UN- backed government, claimed responsibility for the attack in a statement delivered on the group's radio station, Andulus. THE ASSOCIATED PRESS



### HAITI THE DEAD RULE THE

DAY A woman in the role of a spirit known as a "Gede" looks on while holding a human bone in her hands during Day of the Dead celebrations at the National Cemetery in Port-au-Prince, Haiti, Sunday. Day of the Dead traditions coincide with All Saints Day and All Souls Day on Nov. 1 and 2.

Voodoo, or Vodou as preferred by Haitians, evolved in the 17th century when colonists brought slaves to Haiti from West Africa. Slaves forced to practise Catholicism adopted saints to coincide with personalities in the African religions.

Voodoo was sanctioned as an official religion in 2003 and it is practised widely across the country of 10 million inhabitants. RICARDO ARDUENGO/

THE ASSOCIATED PRESS

### **Hundreds of officers lost** licences over sex misconduct

A yearlong investigation by The Associated Press has found about 1,000 U.S. officers who lost their licences in a six-year period for rape, sodomy and other sexual assaults; sex crimes that included possession of child pornography; or sexual misconduct such as propositioning citizens or having on-duty intercourse.

The probe at once represents both the most complete examination of such wrongdoing and a sure undercount of the problem, limited by a patchwork of

California and New York, for example, had no records because **DETAILS** 

The AP determined that some 550 officers lost their licenses from 2009 through 2014 for sexual assault, including rape, pat-downs that amounted to groping, and shakedowns in which citizens were extorted into performing favours to

Some 440 other officers and consensual but pro-

they have no statewide system for revoking the licences of officers who commit misconduct. And even among states that provided information, some reported no

were decertified for other sex offences or misconduct, including child porn, voyeurism in the guise of police work hibited on-duty intercourse.

officers removed for sexual misdeeds even though cases were discovered in news stories or court records.

THE ASSOCIATED PRESS

# Romanians pray, cry for fire victims

Romanians wept, cursed and prayed Sunday as they mourned the victims of a fire in a nightclub, while doctors warned the death toll could rise "significantly" because so many of the injured have severe burns.

As the nation entered its second day of mourning, thousands paid their respects at the Colectiv nightclub in Bucharest's 4th district — the scene of Friday's tragedy that so far has killed 30 people and left dozens badly burned.

In a separate show of grief, thousands walked through the capital city of three million Sun-



The owners of the nightclub and authorities should be punished.

Anne-Marie Duminica, mourner

day afternoon, carrying flowers and photographs of the dead.

About 140 people are still hospitalized around the Romanian capital. Of those, 90 are in serious condition, said an official. THE ASSOCIATED PRESS

metr® NEWS Business Monday, November 2, 2015

# BOMBARDIER révolution de la mobile

Bombardier CEO Alain Bellemare addresses a news conference in Montreal after the Quebec government revealed it is investing \$1 billion in the CSeries aircraft program. THE CANADIAN PRESS

## \$1B not enough for Bombardier

### MANUFACTURING

### Company still looking at options after Quebec bailout

The \$1-billion lifeline Bombardier is getting from the Quebec government will go a long way toward helping the troubled plane and train maker, but it's just one of several initiatives aimed at shoring up the company's financial position, says chief executive Alain Bellemare.

In addition to working on the sale of a minority stake in its railway division (which analysts estimate would bring in \$1 billion US to \$2 billion US), the company is considering other strategic options, including the sale of non-core assets and exploring ways to trim costs from programs like the Q400 turboprop.

Bellemare was loath to pro-

vide details about what is being considered, including whether joint ventures like the CSeries deal with the province are contemplated for other programs. The CEO said he's "super

sensitive" about discussing options after "very unfortunate leaks" of the company's approach to Air-

bus about selling a stake in the CSeries.

"I will continue to look at strategic options across the board," he said in an interview.

Reports suggest the company approached the federal government for at least \$350 million in assistance. The new Liberal government said it will consider the request after it is sworn into office on Wednesday.

Bombardier says it will focus on making its programs more competitive by cutting costs. He pointed to efforts that were rejected by its Toronto unionized employees that would see the manufacture of some parts for the Q400 moved to low-cost countries like Mexico or China.

Although the Q400 does well in North America with customers like WestJet Encore, Porter Airlines and Air Canada, it is too pricey for markets like

Asia. Rival ATR dominates while Bombardier's market share is just 25 per cent. "It's a great aircraft (but) it's too costly and we need to bring the costs

bring the costs down so we can bring the price

It's a great

aircraft but it's

too costly.

Alain Bellemare

down," Bellemare said.
And he wouldn't rule out job
cuts as the company turns the
focus to improving efficiency
and operational performance.

"We are going to look at what does make sense to make the business strong moving forward and from that we will derive the conclusion that is needed." THE CANADIAN PRESS

### ESTAURANTS

### Chipotle outlets in U.S. linked to E. coli

Health officials expect the number of people sickened by an E. coli outbreak linked to Chipotle restaurants in Washington state and Oregon to grow while they investigate the cause of the infection.

As of Friday, three people in the Portland area and 19 people in western Washington had become sick from E. coli. Seventeen of them had eaten at a Chipotle restaurant during the past few weeks.

Eight people have been hospitalized but no deaths have

been reported.

After people started hearing about the outbreak, more people will probably go to the doctor and join the list of potential cases, said Marisa D'Angeli, medical epidemiologist with the Washington State Department of Health.

The source of the E. coli was most likely a fresh food product, D'Angeli said. She noted that Chipotle has voluntarily shut down all its restaurants in the two states.

THE ASSOCIATED PRESS



Chipotle has temporarily closed dozens of its restaurants in Washington and Oregon after an E. Coli scare. GETTY IMAGES

### **IN BRIEF**

### BP drops bid to get back cash paid in spill claims

Energy giant BP is ending its effort to recoup money it paid in economic damage claims to businesses and individuals under a settlement arising from the 2010 Gulf of Mexico oil spill. On Friday, the company filed a motion to withdraw an appeal over what it said were overpayments. BP had argued the claims administrator had not been correctly matching business' revenues and expenses. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

### L.A. film shoots spike

Legislation signed by California Gov. Jerry Brown last year that offered more generous state tax incentives for film and TV production is being credited for a spike in the number of location shoots across Los Angeles. The local industry is also getting a boost from Holly wood newcomers including Amazon, Netflix and Hulu as they increasingly produce original programming, the Los Angeles Times reported Saturday.



# 

Your essential daily news

Monday, November 2, 2015

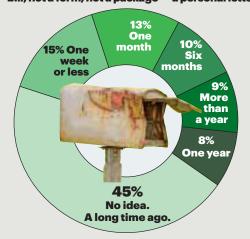
**Metro MONDAY POLL** 

### Holding onto home delivery every Friday to have your say.

Visit metronews.ca

Maybe we won't be saying "So long" to snail mail after all. With a new Liberal majority government soon to take power, the Harper Conservatives' plan to phase out Canada Post's home-delivery service in favour of community mailboxes is set to be halted. But with electronic communication ubiquitous, should we be helping old-fashioned paper postal service to hang on? We asked our readers, and their feelings about mail are a very mixed bag.

How long has it been since you sent a letter (not a bill, not a form, not a package — a personal letter)?



### 2 What do you think Canada Post should do about home delivery?

37% Keep it for as many people as possible **27%** Phase it out with a few exceptions (i.e. the elderly)
23% Get rid of it now! It's 2015! 8% Replace it with community

5% I have mixed feelings

Maybe cut it to two days a week. I think most people with that.

I don't mail cards. No one does that

### 3 What do you still use (outgoing) mail for?

**15%** Holiday greetings

15% Presents and care packages

14% Government forms **12%** Personal letters and cards

**7%** Thank-you notes **6%** Paying bills

6% It's part of my job

5% Keeping in touch with family/friends abroad

5% Sending donations 4% Ordering by catalogue

9% I don't use the mail

2% Other

For charity mail-outs to members

anymore! Sending letters to elderly friends without email

METRO READERS

## We need the appearance of justice from city hall

INSIDE THE PERIMETER

**Shannon VanRaes** 



Sometimes I have trouble telling what decade it is.

Maybe it's because the basic design of the parka has never been updated, or perhaps my love of classic rock is the culprit. Or maybe it's because no matter the mayor Winnipeg has, nothing really changes.

Last week Winnipeg's city council voted 11 to five to increase the threshold for

Convincing Winnipeggers that the new reporting threshold will provide adequate oversight should be a priority.

quarterly project reporting to \$20 million, double the current threshold of \$10 million. Why? Because an auditor's report recommended it as a way to better reflect the inflation of constructions costs and reduce the costs associated with quarterly reporting.

No doubt it is. What it's not is a way to increase transparency and accountability at city hall.

Mayor Brian Bowman campaigned on transparency, but what he is delivering amounts to saying, "Just trust us, we know what we're doing. You

If Winnipeg had a stellar record of accountability when it came to city projects, a move like this might make sense. But Winnipeg doesn't have a clean record — it has years of questionable deals like the fire hall land swap and the ever-ballooning cost of the new police headquarters, the construction of

which has lead to an ongoing RCMP investigation. It also has a crumbling, closed Civic Centre Parkade, built on land the city didn't realize it wasn't allowed to sell.

In short, Winnipeg's civic leaders have a lot to do to build trust and prove they are capable of effective oversight.

It also bears mentioning that one of the ways the nowinfamous fire hall deal evaded notice was that it was broken up into several smaller components — components that fell below the \$10-million reporting threshold.

Bowman has argued that online capital expenditure reporting is adequate and will invite questions from councillors. I'm not convinced.

And convincing Winnipeggers that the new reporting threshold will provide adequate oversight should be a

To quote the late Gordon Lord Hewart's oft-repeated ruling, it "is of fundamental importance that justice should not only be done, but should manifestly and undoubtedly be seen to be done."

So while raising the threshold for quarterly reporting on civic projects to \$20 million may still provide competent oversight, it absolutely doesn't provide the appearance of oversight.

Winnipeggers need both, especially in light of our sometimes dimly lit civic his-

Mayor Bowman and the councillors who supported him might have taken many aspects of the change into account, but clearly public perception wasn't one of them.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban

### ROSEMARY WESTWOC

metroview

### I miss the wisdom, context and joy that elderly friends bring

An elderly lady and a younger lady walked down my street the other day.

They weren't moving at any clip and they chattered and laughed leisurely.

The elderly lady wore an oversized coat over her small frame and a bright blue tuque, far too large, that stood up like a Smurf hat. She was grinning.

I had the urge to stop my bike and ask them if they walked this neighbourhood often. Were they old friends? Were they family? Maybe I could walk with the old lady sometime (she clearly needed a spotter), since I live around here, too? They looked happy and close.

I didn't stop. But I know why I wanted to.

I miss elders. In my daily 30-something life, they're as absent as children. In my family, only my grandmotherin-law, who I should see far more of, is still around. And the elderly friends I know from my hometown don't live in Toronto, my adopted city.

I'm envious of the friendships some have with their grandparents: the quirky Instagram video of one friend pushing her grandmother's wheelchair down a gentle hill; the Facebook photo of another friend getting pedicures with her grandpa; yet another whose live-in grandmother cooks him hot breakfasts every day.

But we don't have to be

related. Old Father Joe, a priest who used to come to dinner when I was a kid and died years ago, was my friend. I once interviewed a woman about her service in the Second World War (when she wore snakeskin pumps and drank mint juleps while working for American intelligence in Washington), and just sitting with her, I felt like I could absorb life advice by osmosis.

Plenty of other people have less-romanticized relationships with older generations. Perhaps they don't care if they don't. But I feel the lack.

Here I am, navigating the day, operating in a vacuum without context for what other's lives were like when they were 30, decades ago, or what they're like now, in their 80s.

And I realize it's reductive, even disrespectful to equate age with wisdom.

But people with different experiences are inherently interesting. And the chance of learning something (and teaching something) seems greater as the difference

Some cultures do better than we (or maybe just I) do at keeping the generations

And that little old lady in the blue tuque already has someone to walk with. She doesn't need me. It's me who



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FREE TO SHARE



# 

Your essential daily news

Jennifer Jason Leigh spotted on Twin Peaks set during a night shoot

## When Everybody steals your idea

ANALYSIS

## **Detroit** designer gets litigious with Toronto line

Melissa **Dunne** For Metro Canada



"If you want to be original, be ready to be copied."

The quote is often attributed to Coco Chanel, but, perhaps fittingly, now that it's so widely shared online, its origins are

For today's designers who have a less blasé approach to originality, there's trademark law.

### It really is **Detroit vs. Everybody**

The cross-border trademark war between the creator of the Detroit vs. Everybody comfort wear clothing line and the makers of Toronto vs. Everybody maker of sweaters and T-Shirts reached a boiling point last week. Legal representatives for both sides did not return requests for comment, but it's been reported they are trying to come to a truce soon.

In response to the negative image of his gritty city, Tommey Walker Jr. started Detroit vs. Everybody in 2012, while Peace Collective started Toronto vs. Everybody in 2014. Alas, from a legal perspective it doesn't seem to matter who came up with the idea first.

"With trademark, it's the first to file," explained Scott MacKendrick, a partner at Bereskin & Parr LLP, in a phone interview, from his Toronto office.

The founder and chief of peace for Peace Collective does indeed hold the registered trademark to "Toronto vs. Everybody" here in Canada. Walker Jr. reportedly only filed for trademarks in the U.S., so there is likely nothing stopping the many competitors that have popped up around the globe from selling clothing emblazoned with "Vs. Every-

body" outside of America, said MacKendrick.

Fail to plan, plan to fail

Ashlee Froese, a fashion lawyer at Toronto's Fogler, Rubinoff LLP, advises anyone starting a small clothing company to hire a lawyer who specializes in fashion law early on to prevent and deal with any legal issues. To start, a basic search should be done to determine that someone else doesn't already hold the trademark you want to register, explains the lawyer who frequently works

with young Canadian designers.

### **Spend money** to make money

While the complexity and costs will vary depending on the specifics of each case, having a lawyer get a trademark for your company - from search to application to approval — usually costs about \$1,000 to \$2,000, said Alison Hayman, an associate in the intellectual property group at Cassels Brock & Blackwell LLP in Toronto. Spending a relatively small amount of money on legal fees when your company is in

it doesn't matter who had the idea first, it's about who was first to file. PHOTOS COURTESY: PEACE COLLECTIVE AND DETROIT VS.

EVERYBODY

its infancy can possibly save you a lot of grief, and money, down the road, she added.

### Be ready for a battle fought via paperwork

Once you have a trademark it is usually fairly simple to enforce, said MacKendrick. Most cases never make it to trial, usually a letter or two will be exchanged between lawyers and some sort of agreement will be reached. Since trademarks are generally enforced country by country, Froese advises clients at the outset to file trademark

### **NATIONWIDE**

### **Everybody vs. Everybody**

It seems like everybody is trying to get their slice of the "Vs. Everybody" pie, with a bevy of online sellers selling their versions for Canadians proud of

- · Toronto vs. Everybody: T-shirts for both men and women in a range of colours sell for \$29.99, sweaters sell for \$59.99. peace-collective.com
- · 403 vs. Everybody: Unisex T-shirts sell for \$25 at rglt.com
- · Montreal vs. Everybody: T-shirts in a range of colours sell for \$30 at mtlvseverybody.com
- · Vancouver vs. Everybody: Baseball caps being sold for \$40 at fadebyarev.com

applications for all the countries where they might be doing business, which for Canadians usually means filing in both Canada and the U.S.

As the Detroit vs. Everybody website says: "There's leaders, and there's followers..." And if you're a designer who created something original and you'd rather not be copied then you're going to need to file those trademark applications before any of your followers do.

### The lucrative business of Christmas music on the radio

Alan **Cross** For Metro Canada

Even though the Halloween decorations still haven't been taken down, Christmas creep has begun.

It won't be long before we're smothered by Mariah Carey's All I Want for Christmas is You and The Christmas Shoes, the death-by-treacle classic. Past data suggests that both songs will be streamed on YouTube more than 1.75 million times between Nov.

And then there are all the times the songs will be played on the radio, a situation exacerbated by the dozens of radio stations that change to an all-Christmas format leading up to the end of the year.

On-air staff hate this time of year. Salespeople love it.

All-Christmas playlists bring in huge, huge ratings, especially for outlets that already have a reputation as being the "music at work" station in a given market.

The annual flip to Christmas



All-Christmas playlists bring in huge, huge ratings, especially for outlets that already have a reputation as being the 'music at work' station in a given market.

almost always sees those stations rocket far, far past the competition. According to 2014 data from Nielsen, the average - average! — 24/7 Christmas music-playin' adult contemporary station saw a ratings jump by 81 per cent.

That massive (albeit tempor-

ary) ratings number is more than enough to help the station sustain revenues over the always challenging winter months. From a financial point of view, moving to an all-Christmas format is a no-brainer.

But timing is key. When should a station abandon its regular format for Christmas music 2/47? Mid-November? The day after Halloween? Earlier?

At least two stations have already made the flip. WEBC-AM 560, a Duluth sports station, and its FM companion, FM 106.5 (now branded Ho Ho Ho 106.5), went all-Christmas Oct. 7. Extreme, yes, but as of Sept. 25 — three full months before Christmas and before any of the trees started to turn - sister stations WENN 1320 and 100.1 FM in Birmingham, Ala., dropped their regular programming and went all-Christmas. Management promises to run this music commercial-free until Dec. 25.

Obviously if these stations can run without commercials for that long during one of the busiest times of the year, they're already in the ratings dumpster, so what does management have to lose? Come the end of the year, they might be running 1 and 2 in the market.

Two stations playing The Christmas Shoes in high rotation for nearly a 100 days? Be thankful you don't work there. After all, Alabama is an opencarry state.

# Don't fall into a debt depression

MOVING FORWARD

Focus on the sunny side of a financially healthy future

Gail Vaz-Oxlade For Metro Canada



Being in debt for a long time can sap your desire, motivation, and belief that you can ever be out of debt. It's what I call "debt fatigue," and it's insidious.

You don't think things can ever change. You don't believe there's any point to even trying. You'll never be happy. What do you do if you're already there?

Well, you can wallow, or you can accept that you're in an emotional cycle and kick your own butt to a new place.

Experiencing debt fatigue doesn't mean you'll never feel good again, it just means that the things you do to feel good about don't last very long and are often detrimental to your long-term financial health.

Any of this sound familiar?

Having debt is normal. Everyone

I'm so far in debt now, I might as

well...go on holiday, buy this dress, fill-in-the-blank.

If I have to wait to get out of debt to buy (whatever), I'll be old and grey.

The next time you're feeling defeated by your debt, put your logic into drive and your emotions into neutral. The feelings will pass if you stay on the path toward your goal. That assumes, of course, that you have a goal.

If you haven't started down the track to living debt-free forever by taking even the smallest step, what are you waiting for?

Nothing will change until you take a step forward. It's time to make a plan and get with some people who have been where you are now. A friend, a family member, a co-worker or two who have taken this journey can help

Talk about your debt. How it makes you feel? And what you want to do

Get it out in the open. Commit to doing something differently.

Having a few positive people on your side is a great way to defeat debt fatigue. Since we know that thoughts both positive and negative — are contagious, surrounding yourself with people who are on track to achieve their goal of being debt-free forever will help clear your path.

While you're on your journey, if you focus in only on what you don't



Having a few positive people on your side is a great way to defeat debt fatigue.

have - what you've given up to find money to pay off your debt, or what you can't have because you're broke

you'll deepen your debt depression. Consider everything that is good

Count yourself fortunate. Be grateful. Change from focusing on what's missing to seeing what you do have.

Remember to count your successes

along the way. This is an important part in not getting weighed down by how far you have to go. Use charts to plot your progress. Have small celebrations each time you hit a milestone. Give yourself a hug

a kick for how far you still have to go. If you're serious about moving forward, if you're tired of feeling tired with your debt and want to get to a better place, action is required.

for what you've achieved, instead of

Once you get some results, you'll build momentum and positive thinking will come easier.

But you have to take that first step.



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metr

Monday, November 2, 2015 15

# Tips on dealing with a bad manager



Bad bosses are tough, but looking for solutions is better than cursing them.  ${\tt ISTOCK}$ 

COPING

If you have an ineffective boss, step up your strategy

Raquel Laneri Metro | New York

A recent Gallup study found that half of workers leave their job because of their bosses. But, often it's not because these bosses are overly demanding, or belittling, or like Meryl Streep in The Devil Wears Prada.

"I think many of these people are disappointed in their manager — feeling like their manager does not have their best interest in mind, is not paying attention to them, has their own agenda, or doesn't have good management skills," says Mary Schaefer, an empowerment expert, coach, trainer, speaker and consultant. That can be really frustrating.

A good boss can make you better at your job, can inspire you to strive for more, can be your champion when it's time for a promotion or for a reference.

So, getting along with them not only makes your day-to-day more bearable, it's also essential for career advancement.

But, even if your supervisor is remote or hard to read or just unhelpful, that doesn't mean you should throw in the towel. Schaefer gives us some tips on how to make your relationship with your boss work for you.

### High-performing, low-maintenance

The best way to get into your boss's good graces: Do your work while creating as little trouble as possible.

"Here's my catchphrase: Be high-performing and low-maintenance," says Schaefer. "Highperforming means you deliver on the objectives given to you.

"As for the low-maintenance part — this may sound silly, but just don't do things that cause friction points. If you have to do online training for ethics by a certain date, do it — don't put yourself in a position that whoever is responsible for that is calling you, or worse calling your boss."

### Ask what they expect of you

Of course, being high-performing isn't so easy if you have a hands-off administrator who doesn't give you deadlines or set goals for you. "You need to be clear on what your objectives are and how they're measured," says Schaefer. "I'll get employees say to me, 'My boss tells me I need to do teamwork better; does that mean I need to go out and have beers with the team after work?"

In those circumstances, just ask. "If your boss gives you vague feedback, you can ask questions like, 'What would that look like? What kind of communications would you hear from me? Who would you see me interacting with?" says Schaefer.

### **Communicate effectively**

Another thing you should clarify with your boss early on: the best way to reach him or her, what kind of situation warrants a call at home and what terms like "ASAP" or "urgent" mean.

"That's one thing that can cause frustration: when the boss is not responsive to something that an employee sees as a priority," says Schaefer. In those cases, you need to speak up: "If they seem annoyed or defensive, say, 'I'm asking these questions because I want to do a good job.' Your boss may not like it, but they can't argue with you wanting to do a good job."

### Sell your ideas

A lot of young people tell Schaefer that they feel like their ideas aren't being taken seriously by their bosses.

"It's important to learn how to manage their objections," she says.

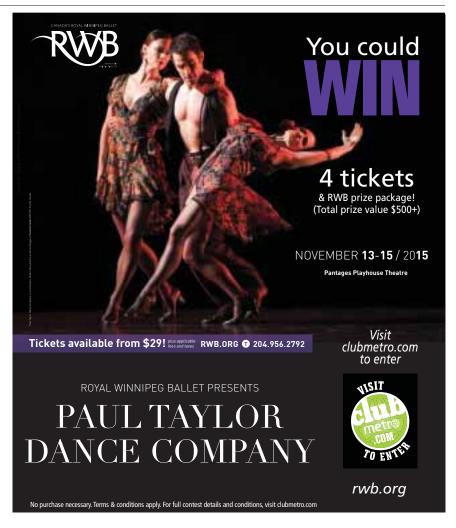
"So, maybe come at your suggestions sideways: Instead of saying, 'Hey, I have an idea,' ask, 'What do you think about this?' Have you noticed this problem? What have we tried so far?'"

### Have a Plan B

At the end of the day, it's your career, and you need to do what's best for you.

"I don't think this can be repeated too much," says Schaefer. "But you need to own your career. Think not what can my boss do about this, and instead what can I do. And have a Plan B: Your employer really does owe you nothing except for that paycheque and the benefits promised you as long as you deliver."





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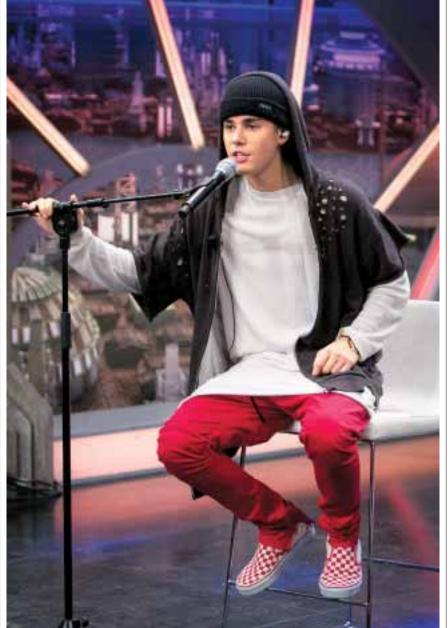
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Justin Bieber apologized on Instagram after cancelling a show in Oslo. ALL PHOTOS GETTY IMAGES

## Bieber still a brat: Storms offstage

**TANTRUM** 

### Meltdowns continue as singer's fame only grows



For the second time in a week, Justin Bieber stormed off stage and ended a gig early, this time in Oslo, Norway during a show

that was being taped for tele-

One song into the gig, Bieber took a moment to try to mop up a spill at the front of the stage, but when audience members there wouldn't listen to him, he turned abruptly, whipped off his headset and left the stage, saying, "Never mind. I'm done, I'm not doing the show."

The crowd, obviously, was a bit confused. This is great, just great. What's also great? His apology on Instagram. Bieber or, obviously, someone who works for Bieber - posted a lengthy mea culpa, and it's always entertaining when the pop star clearly doesn't write something himself.

You can tell because the grammar is pretty decent and it usually includes a little passive-aggressive Bieber-bashing: "Sadly it's been a rough week for me — long days, no sleep while having to be 'on,' as they would say, for cameras and fans," the post reads. "I don't always handle things the right way but I'm human and I'm working on getting better at responding not reacting."

There's a whole lot going on in there.

### PETITION Raven review

This might make you question the effectiveness of the whole online petitioning approach to things. A rep for ABC has responded to a Change.org petition signed by more than 120,000 people demanding that Raven-Symone be axed from The View following her comments about "ghetto" names and the Spring Valley High School assault in-

"African Americans and black people around the Diaspora need a voice representative of their views and not a voice representative of what white people want us to say," the petition states. "We need strong black role models in prominent positions on television an Raven-Symone cannot provide that."

So what does ABC think of the complaint? "We love Raven," a statement reads. "She is confident, genu-

ine and opinionated, all qualities that make her a great addition to the panel."

I'm going to take that as a no. NED EHRBAR/METRO HOLLYWOOD



**GOSSIP BRIEF** 

### **Boy George** backtracks after kiss and tell

While taping an episode of The Voice U.K., Boy George blurted out a juicy piece of '80s pop music gossip: "I've slept with Prince," he bragged to fellow judge Paloma Faith, according to the Sun, prompting producers to quickly halt

the taping.
"We just couldn't believe what he had come out with and the guys in the gallery were beside themselves. The crowd went absolutely wild because they thought they had just witnessed a massive celebrity exclusive," a source says.

"Production staff had to come up on stage and speak to them. After that Boy George started backtracking saying he hadn't really slept with Prince and that in reality he just had his poster on his wall. But as far as the crowd were concerned, the cat was already out of the bag." Oh my.



# The Blue Jays' Josh Donaldson won the AL's Hank Aaron award as the most outstanding offensive performer

# Jets fall to Priceless Habs

### Montreal's second-string goalie stymies Winnipeg

Tomas Fleischmann scored twice and added an assist to lead the Montreal Canadiens to a 5-1 win over the Winnipeg Jets on Sunday night at the Bell Centre.

Paul Byron, David Desharnais and Lars Eller also scored for the Canadiens (11-2-0), who remain unbeaten on home ice this season.

Chris Thorburn scored for Winnipeg (7-4-1).

### **SUNDAY in Montreal**





Mike Condon, making his first home start of the season in relief of injured all-star starter Carey Price, made 18 saves for Montreal en route to his fourth win in as many starts.

Price missed his first game after being placed on injured reserved retroactive to Thursday, following an injury sustained against the Oilers in Edmonton.

Michael Hutchison stopped five of nine shots before being replaced by Ondrej Pavelec. Pavelec made 16 saves in relief.

Byron's second short-handed



The Jets' Bryan Little and the Canadiens' Torrey Mitchell race for the puck, Sunday in Montreal. PETER MCCABE/THE CANADIAN PRESS

goal in as many games got the offence going for Montreal.

Jeff Petry squashed a Winnipeg entry into the Canadiens end, allowing Torrey Mitchell to get the puck up the ice. The

speedy Byron beat out Andrew Ladd at the Jets blue line and skated in alone before deking Hutchison and beating him glove side at 6:34 of the first

Fleischmann put the Canadiens ahead 2-0 at 16:26. Desharnais carried the puck into the Jets zone along the right side and held off a defender as he cut in front. Hutchison

made the save on Desharnais but Fleischmann picked up the rebound and tucked it past the goalie's left side.

The ice was still wet when Fleischmann scored his second of the night just 35 seconds into the second period. Quick puck movement got the puck out of the Canadiens' end and up to the winger, whose snapshot from the right circle beat Hutchison.

Desharnais extended Montreal's lead 2-1/2 minutes later when a clearing attempt by Tyler Myers developed into a turnover in the Canadiens' favour.

Desharnais' shot from just outside the circle was stopped by Hutchison but the diminutive centre picked up the loose puck and roofed it just under the crossbar. That chased Hutchison from the net.

The Jets had some of their best chances late in the second but couldn't connect. First, a shot hit the post and bounced out, followed by a Condon save on rookie Nikolaj Ehlers.

And after Pavelec denied Mitchell with a big save, Condon flashed the leather on Blake Wheeler.

Eller scored his first goal in four games on the power play at 17:51 when he redirected Andrei Markov's shot with his skate.

Thorburn broke Condon's shutout bid at 13:57 of the third period.

The Jets scratched centre Andrew Copp and defencemen Paul Postma and Adam Pardy. THE CANADIAN PRESS



### Moose blanked in Chicago

Pheonix Copley stopped all 26 shots he faced as the Chicago Wolves blanked the visiting Manitoba Moose 2-0 on Sunday in American Hockey League action.

Pat Cannone opened the scoring for the Wolves (5-1-1) at 4:20 of the second period and Jeremy Welsh doubled his club's lead midway through the

Eric Comrie kicked out 28 of 30 shots for the Moose (1-6-2), who have dropped back-to-back outings since beating the Milwaukee Admirals on Thursday for their first win of the season.

THE CANADIAN PRESS

### **Esks clinch first overall**

Derel Walker reeled in three touchdown passes as the Edmonton Eskimos secured first place overall in the CFL and a bye before hosting the West Division final with a 40-22 victory over the Montreal Alouettes on Sunday.

The Eskimos (14-4) finished off regular season play with eight consecutive wins. The Alouettes (6-11) were eliminated from playoff contention. THE CANADIAN PRESS

### **Ottawa out-kicks Ticats**

Ottawa kicker Chris Milo hit all four field-goal attempts, and the visiting Redblacks moved into first place in the CFL East Division with a 12-6 win over the Hamilton Tiger-Cats on Sunday.

Ottawa (11-6) secured a home playoff game with the victory, and can wrap up first place in the division with a win at home against Hamilton next week. Should Hamilton (10-7) win that game, first place will be decided by the aggregate score of the head-to-head series. THE CANADIAN PRESS

### Raptors now at 3-0

Jonas Valanciunas scored 19 points and Patrick Patterson added 16 as the Raptors downed the Milwaukee Bucks 106-87 Sunday to extend Toronto's perfect start to the NBA

THE CANADIAN PRESS

### McEwen wins Masters event, Homan regains women's title

Mike McEwen won the men's Masters title with a 5-3 victory over Jim Cotter, Sunday in Truro, N.S.

McEwen's Winnipeg rink took control of the match with two points in the sixth end.

After Cotter and his Vernon, B.C., team scored one in the seventh to cut the lead to 4-3, McEwen clinched the win with one in the eighth.

Later in the day, Rachel Homan reclaimed the women's

and her rink from Ottawa downed defending champion Val Sweeting 6-4 in the women's finals, for



GETTY IMAGES FILE

Grand Slam of Curling Masters championship in the past



Homan put herself up 2-0 with a deuce in the second end.

Sweeting responded with singles in the third and fourth to tie, but Homan scored the next four points to secure a 6-2 lead through seven ends. THE CANADIAN PRESS



FULL CONTACT CURLING Brad Gushue of St. John's sustained stitches after falling and hitting his head on the ice in a 5-2 quarter-final loss to Steve Laycock of Yorkton, Sask., Saturday, at the Grand Slam of Curling Masters. ANIL MUNGAL/HO/THE CANADIAN PRESS

metr#SPORTS **18** | Monday, November 2, 2015



Drew Brees celebrates the Saints' win, in which he threw for 511 yards. SEAN GARDNER/GETTY IMAGES

# Brees keeps his cool in barnburner

### **QB's seven TDs** lead Saints to **OT victory** over Giants

Drew Brees has heard his critics getting louder this season.

The talk might be about the 36-year-old quarterback's advancing age. Or his ability to bounce back from a Week 2 throwing-shoulder injury. Or his \$20-million annual salary causing the New Orleans Saints undue salary-cap pressure.

Yet Brees contends he can play as well as ever, and on Sunday against the New York Giants, he sure did.

### **SUNDAY In New Orleans**



Brees passed for career highs of 511 yards and seven touchdowns, and recently signed Kai Forbath kicked a 50-yard field goal as time ran out, giving the Saints a 52-49 victory in a game with a record 13 scoring passes.

"It's not like we came out today with the intent to set a few records just to shut some people up," said Brees, who went 40for-50. "Our mindset is, every time we step on the field, we have a chance to do something pretty special."

The 101 points tied for third most in an NFL game. Both offences combined for 1,030 yards.

New York's Eli Manning connected on a career-high six touchdown passes, three to fellow New Orleans native Odell Beckham Jr.

"Their offence is always highpowered. I thought it might be a day where we were going to have to score some points," Manning said. "I didn't know how many it would take. Obviously, the offence did some good things."

The Saints (4-4) are young and a little raw, but seem to be hitting their stride, having won four of five after an 0-3 start that ignited all kinds of predictions about the demise of the Sean Payton-Brees era.

Brandin Cooks and Willie

Snead each had two touchdown catches. Brees' other three scoring passes went to Marques Colston, Ben Watson and C.J. Spiller, the last to tie the score at 49 with 36 seconds left.

The Saints then forced the Giants (4-4) to punt from their 25 with 20 seconds to go. Marcus Murphy returned Brad Wing's punt 24 yards across the 50 and fumbled, but Snead recovered. Wing may have been better served punting the ball out of bounds. Instead, he tried to make a tackle, but was flagged for a facemask.

That penalty set up the winning kick on Forbath's first field goal attempt with New Orleans, which signed him before last week's victory at Indianapolis.

# Chan caps difficult return with flair

He may be a three-time world champion, but there was little about his comeback that came easy for Patrick Chan.

Uncertainty nagged at him all summer, right up until the moment he stepped onto the ice Saturday night in Lethbridge, Alta.

And the morning after he made his return to competition with a massive exclamation mark, winning Skate Canada International, the 24-year-old talked about the past few rollercoaster months.

"A lot of frustrating weeks and days," Chan said. "There were times I would tell Kathy (Johnston, his coach), I'd just get off the ice, and be like 'I don't want to do this. Screw this. I don't want to do it."

Chan walked away from competition after the Sochi Olympics, where he won silver. But a few months into his hiatus, he began missing the sport, its camaraderie and the day to day routine.

But regaining his big jumps the quad and triple Axel —was tough. Other than fooling around in practice on show tours, he hadn't done a serious quad in more than six months.

But between the six-minute warm-up at the Enmax Centre on Saturday night and the moment he had to perform, Chan had a



### Three gold medals

Patrick Chan's victory completed a triple gold medal performance for the Canadian team. Kaitlyn Weaver and Andrew Poje won the ice dance, and Meagan Duhamel and Eric Radford captured the pairs title.

tearful emotional meltdown. The weight of the moment, he said, was overwhelming.

He laid down for a few minutes with his legs propped against the wall. And after a pep talk from Johnston, he went out and laid down a beautiful long program to Chopin, opening with a huge quad-triple combo, followed by a textbook triple Axel.

He tripled his second planned quad, but it was the only blip on a program that saw him score huge marks across the board.

When the music ended, he buried his face in his hands.

"I got overwhelmed with emotions," he said. "I felt like I owed people something, felt like I wanted to prove something to people, that I'm back and I wanted to skate well for them." THE CANADIAN PRESS



Patrick Chan acknowledges the crowd following his goldmedal performance in the men's free skate, Saturday at Skate Canada International. JONATHAN HAYWARD/THE CANADIAN PRESS



### 🛑 TENNIS IN BRIEF

### Radwanska captures season-ending title

Agnieszka Radwanska beat fourth-seeded Petra Kvitova 6-2, 4-6, 6-3 Sunday at the WTA Finals to clinch the biggest title of her career.

The fifth-seeded Pole's previous best result at the season-ending championship was a semifinal finish in 2012 and 2014.

Radwanska is the first player to win the tournament after a losing 1-2 record in the round-robin stage.

Kvitova led 2-0 in the deciding set, before Radwanska fought back. THE ASSOCIATED PRES

Roger Federer mastered Rafael Nadal in their first meeting in almost two years to win the Swiss Indoors final 6-3, 5-7, 6-3 on Sun-

Federer finds a good time to

end losing streak to Nadal

The top-seeded Federer ended a five-match losing streak against Nadal, including the last time they played for a title in May 2013.

With the match finely poised in the deciding set, Federer hit a series of ground strokes for winners and broke Nadal's serve for a 5-3 lead.

THE ASSOCIATED PRESS

### Smith tears Achilles, Bell injures knee

It was a rough day for a pair of dynamic offensive playmakers in Steve Smith and Le'Veon Bell, both suffering injuries on Sunday.

Smith, the Baltimore Ravens receiver, was lost for the season when he tore the Achilles tendon in his right foot late in the third quarter of a 29-26 win over San Diego.

Smith made a nice grab in traffic, curled back and was tackled by Chargers cornerback Jason Verrett after a 17yard gain. Verrett wrapped Smith up by the right foot, and the 36-year-old receiver immediately went face down to the turf, pointing to his foot.

Smith went into the game as Baltimore's leading receiver

with 41 receptions for 588 yards and three touchdowns. In Pittsburgh, Bell was carted off

Steve Smill

the field with a knee injury in the Steelers' 16-10 loss to Cincinnati.

Bell's right twisted awkwardly underneath him during a tackle by linebacker Vontaze Burfict. He didn't put any weight on the leg as he was helped to a cart and taken from the field, a development that overshadowed Ben Roethlisberger's return from a four-game injury absence.

Bell entered the week fifth in the NFL in rushing with 511 yards despite missing the first two games because of a suspension. THE ASSOCIATED PRESS

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

### **RECIPE Coconut Lentil Soup**



Ceri Marsh & Laura Keogh For Metro Canada

This seductively aromatic recipe makes a big pot of soup. Bust out your Thermos and take it to work tomorrow!

Ready in Prep time: 30 minutes Serves 6

### Ingredients

- 1 Tbsp olive oil
- •1 onion, diced
- 2 large carrots, peeled and diced
- · 2 cloves of garlic, minced
- •1 Tbsp fresh ginger, minced
- •1 Tbsp curry powder
- 1/2 tsp each cinnamon and cumin • 1/3 cup tomato paste
- 4 cups vegetable stock
- 3 cups water
- •1 can coconut milk
- 2 cups dried red lentils

### **ACROSS**

- 1. Make the shoes
- shine 5. Slang-style smokes
- 9. \_ \_ a good start (Things have begun well) 14. \_ Mountains
- (Range in Russia) 15. "...friend or
- 16. Not as confined 17. Tulip tune's Tim 18. John (Lorna Doone's beloved in literature) 19 Wild
- 20 Naught 22. Friendly
- 24. Canadian action hero in com-
- ics during World War II: 2 wds. 28. Antacid brand
- 29. Lift 30. Lightning 33. Ms. Sofer the
- actress 35. Compass pt.
- 36. Major road 38. Signs
- 40. 24-hr. banker 42. Romantic
- material 43. President George Washington's wife
- 45. Fellows 47. Capital of Latvia
- 48. N n n N n 49. Emulates Alexander Graham Bell 52. Pick-up-sticks
- game 53. Victorian home music-maker: 2 wds. 55. Mardi Gras

torch

### 58. Pallid 59. "Try" by Blue \_ 60. Software test version 62. Partners for Tacs (Mint candies) 66. \_ squash

67. King of a tragic

Shakespeare play

68. Bounce back

69. Cup: French 70. Nurse in Alice Munro short story The Love of a Good Woman 71. Existent

### DOWN

1. Nothing \_ the best
2. One of Switzer-

land's Four Forest Cantons 3. Autograph seeker

4. Actress, Lara Boyle 5. Town called 'The Cornerstone of Saskatchewan'

6. "Don't mind

do." (Thanks for the offer) 7. Royal anthem: 4 wds 8. City in Arizona known for its red sandstone 9. Police people 10. "Super \_" by

11. "Phineas and \_\_" 12. Blue/green 13. Knight's heraldic wreath 21. 'Benedict' suffix 23. \_\_ piece of cake 24. Saint-\_ (City leading into the Laurentians of Quebec) 25. Kind of band or show 26. Skills sharpeners 27. Pro wrestler. John 30. Eye part 31. Beginning 32. Bundle of eneray 34. Army bug 37. Driveway's topping 39. Locale on a leg 41. Item given to the restaurant patrons 44. Gambler's input 46. Cruise ship attendant 50. Feasible 51. Fluffy white bathrobes establishment 53. Citizens in The States, briefly 54. Prefix with 'continental' 55. Campus house, e.a. 56. Ricky Martin's "Livin' La Vida \_ 57. Bustles 61. Mai \_ (Cocktail) 63. Fire and \_ (Robert Frost poem) 64. Dance style

when repeated

ing brand)

65. Pine-\_ (Clean-

### \* IT'S ALL IN THE STARS by Sally Brompton

1 big handful of fresh spinach,

sliced into ribbons

Salt and pepper to taste

1. Heat oil in a big pot over

carrots and cook until they

paste and stir again.

2. Pour in the stock, water,

coconut milk and lentils. Give

everything a good stir and let it

simmer — not boil — for about

3. Throw in the spinach and stir it

around until it just wilts. Add the

lemon juice and taste before ad-

25 minutes. Taste to check

justing for salt and pepper.

FOR MORE MEAL IDEAS, VISIT

SWEETPOTATOCHRONICLES.COM

that lentils are tender.

begin to soften, about 3 min-

utes. Toss in garlic, ginger and

spices. Stir and cook for another

3 minutes. Then add the tomato

medium heat. Add onions and

Juice 1/2 lemon

Directions

Aries March 21 - April 20 You must be scrupulously honest. You stand to lose a lot if partners and business associates get the impression that you cannot be trusted.

Taurus April 21 - May 21 You may get upset and emotional about something today but later in the week it will baffle you as to why you lost control. In partnership situations try to give others the benefit of the doubt. They are not deliberately trying to annoy you.

I Gemini May 22 - June 21 You may disagree with what certain people say or do but don't get worked up about it. They are hoping you will get angry so they can use it as an excuse to move against you.

Cancer June 22 - July 23 There are things you can do on your own and things that have to be done in partnership with other people. What happens today will draw a clear, thick line between the two and you ignore that line at your peril.

**Leo** July 24 - Aug. 23 What happens next will impact both your work and your home life. Don't let the pressure get to you. Stay calm and you will be one of life's winners.

**Virgo** Aug. 24 - Sept. 23 If you're feeling down the answer is to get busy on something that requires the full use of both your brain and your body. A social invitation may be tempting but it's not right for you, so give it a miss.

Libra Sept. 24 - Oct. 23. Keep a tight hold of your cash because the planets warn there will be a lot of temptations. If you go over the top financially now you could regret it, so be careful.

Scorpio Oct. 24 - Nov. 22 It is quite likely that your selfcontrol will crack today and you will say or do something drastic. Don't hate yourself for losing your cool. Scorpios have feelings too.

Sagittarius Nov. 23 - Dec. 21 It may seem as if time is running out and that the harder you work the less you seem to complete. But is that such a big deal? It's quality work that counts. Do what you can and do it well

Capricorn Dec. 22 - Jan. 20 Even friends and family will be touchy as the new week begins, don't overreact. Capricorn is such a self-controlled sign that it's unlikely you will go to extremes.

Aquarius Jan. 21 - Feb. 19 It may seem as if you are losing ground to your rivals but it isn't true, so don't panic. Cosmic activity in one of the more confrontational areas of your chart is making things look worse than they actually are.

Pisces Feb. 20 - March 20 Stick to the facts - if you make things up you will be found out and it will be embarrassing. You may have the gift of the gab at the moment but if you are smart you will not abuse it.

### **CONCEPTIS SUDOKU by Dave Green**

Every row column and box contains 1-9

Rick James

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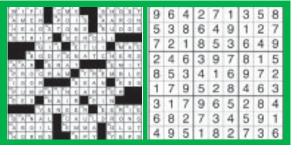
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"I'm just not into you anymore."







